

Indiana State Board of Nursing

Chronic Pain Management Subcommittee Meeting July 16, 2008

Attendees:

Jerry Burghduff
Michelle Hines
Tony Grimble
Robin Riebsomer
Harriet Rumschlag
Jim Ryser
Regina Haight
Chuck Lindquist
Sean Gorman

1. Introductions
2. Recommendations to Board for monitoring nurses ineligible for ISNAP participation

Background: Currently, there are a handful of nurses dealing with chronic pain issues and who are using prescribed controlled substances, who report directly to the Board due to the ineligibility for participation in ISNAP. The Board requires reports from the nurse, reports from the nurse's addictionist, and the licensee is subject to random urine drug screens to verify the presence of the prescribed controlled substances and the lack any other unauthorized substances. The Board wishes for this Subcommittee to examine and make recommendations on the possible establishment of consistent criteria for when it is appropriate to permit an alternative to ISNAP and the terms for dealing with these situations.

The Subcommittee discussed several considerations that should be factors in a decision to create an alternative to ISNAP for nurses who are managing chronic pain with the use of controlled substances. The Board is very confident in the ISNAP program's ability to ensure nurses are safe to practice as long as they are compliant with the terms of their recovery monitoring agreement. However, ISNAP is by statute abstinence based and is not an option for nurses using controlled substances to deal with chronic pain. Several points were discussed by the Subcommittee regarding the issue:

- Many nurses with active, unrestricted licenses dealing with chronic pain through the use of controlled substances and who the Board is never aware of. The Board only becomes involved when the State takes action against the nurse's license for failing a pre-

employment drug test, for impairment, or for suspected diversion from the work place. Jim Ryser noted that nurses are not before the Board facing disciplinary action because of their chronic pain.

- There are alternatives to controlled substances for dealing with chronic pain. Chuck Lindquist cited a study in Michigan which concluded that 10% of monitoring program participants dealing with chronic pain were determined to require the use of controlled substances. Robin Riebsomer pointed out that physical therapy, yoga, and other treatments can be an alternative that would leave the nurse eligible for ISNAP participation.
- If the Board offers an alternative to ISNAP, you potentially open the door for nurses who could otherwise deal with chronic pain in other ways. Any solution the Board imposes should be narrow in nature and attempt to limit eligibility to that very small number of nurses who absolutely cannot manage their chronic pain except through the use of controlled substances.
- Tony Trimble proposed that any plan offered by the Board incorporate pill counts. Harriet Rumschlag proposes that random urine drug screens must be a part of the program. Neal Stock states that any random UDS should be conducted by Witham, which is already set up to do such testing along the same lines as is done for ISNAP. The Subcommittee agreed.
- The Subcommittee discussed the possibility of supporting a legislative change to the ISNAP program so that it could run the alternative instead of having the nurse report directly to the Board. The Subcommittee decided that ISNAP works well as an abstinence based program and that because the alternative for chronic pain patients would apply to only a handful of situations, there is no need to change ISNAP.
- The Subcommittee also discussed the alternative program addressing the use of controlled substances for conditions other than chronic pain, such as for anxiety or ADHD.

3. Aug 21 Board presentation outline

The Subcommittee agreed to make the following recommendations to the Indiana State Board of Nursing at the August 21 Board meeting. Jim Ryser will be presenting the recommendation on behalf of the Subcommittee.

The alternative program and its terms will be issued as part of a probationary order against a nurse's license. The Nurse must meet the following requirements to be eligible to the ISNAP alternative:

- Must have had 2 failed attempts at ISNAP participation
- Must provide full documentation / assessment from an approved treatment provider indicating the need for controlled substances that

are prescribed for chronic pain management, anxiety, ADHD, or other medical condition. This documentation must also indicate that alternative treatment options were considered and attempted.

- INSPECT report over past 12 months must not indicate abuse of prescribed controlled substances or doctor shopping.

A nurse meeting the above criteria may be issued a probationary nursing license with the following terms:

- Treatment arranged through a Board approved provider, who will monitor all prescriptions for the nurse and will arrange for random urine drug screens, random pill counts, and INSPECT reports at the discretion of the provider. The treatment provider may also require periodic neuropsych testing and if the nurse changes drugs/doseage.
- Controlled substances work restriction for the length of the alternative program.
- Participation in a 12 step program.
- Quarterly reports from the treatment provider to the Board regarding the nurse's compliance with the terms of probation.
- Quarterly reports from any employer or employers.
- The use of long acting opiates for pain management purposes only.

The nurse participating in this alternative program may petition for modification of this probation upon proof of signing an RMA with ISNAP. Probation could then be modified to standard terms requiring compliance with and completion of an ISNAP RMA prior to petitioning for a withdrawal of that probationary status.

4. Other Issues

For further information, please contact:

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